Women’s Health Pre and Post Mid-Life Change
Learn to Live with Vitality

Group Medical Visit – Live-Video Appointments

Many women often dread the transition of peri-menopause and menopause and find many of the physical and psychological changes confusing and sometimes even uncomfortable.

If this describes you, please join us and be part of these shared medical appointments. Women will gather together to design, discuss, and share thoughts and experiences on topics related to this special time of your life.

Dates: Tuesdays, April 6, 13, (Skip 20), 27 and May 4, 11, 2021
Time: 10:00 am – 12:00 pm
Location: Online Video via Zoom through MyChart

Designed to meet the group’s needs; topics may include:

• Lab work and mammograms may be recommended,
• Body changes and common symptoms of menopause, including sexuality concerns
• Menopause hormone treatments options for symptom relief,
• How a healthy lifestyle of mindfulness, nutrition, sleep, movement, and restorative practices preserve a women’s vitality.

Group visit appointments will typically be covered by Medicare, Medical Assistance, Hennepin Health/Health care and some private Insurance plans. Co-pays and deductibles may apply. Co-pays are usually the same as a one-on-one medical appointment, please check with your insurer.

For more information or to schedule contact: Cass McLaughlin at 612-873-8048.

Jane R. Sassenfeld is a certified Woman’s Health Nurse Practitioner and loves empowering woman with their health goals.